



Buffalo Chicken Subs

READY IN



60 min.

SERVINGS



10

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon agave syrup
- 1 cup cheese blue crumbled
- 1 cup buffalo wing sauce such as frank's redhot, plus more if desired
- 0.3 cup buttermilk
- 2 medium carrots diced
- 0.3 teaspoon cayenne pepper
- 2 stalks celery diced
- 1 tablespoon brown sugar dark packed
- 0.3 teaspoon dijon mustard

- 0.5 teaspoon optional: dill fresh minced
- 0.5 teaspoon sea salt
- 1 loaf bread french italian soft
- 10 servings kosher salt and pepper black freshly ground
- 0.8 cup mayonnaise
- 2 teaspoons paprika
- 2 pounds chicken thighs boneless skinless
- 2 tomatoes diced seeded
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- kitchen thermometer
- broiler

Directions

- Preheat the broiler. Season the chicken with salt and black pepper; sprinkle with the brown sugar, paprika and cayenne. Warm the vegetable oil in a 12-inch ovenproof skillet over medium-high heat. Cook half of the chicken in the skillet until golden, 2 to 3 minutes per side; transfer to a plate. Cook the rest, then return all the chicken to the skillet.
- Add the wing sauce and bring to a simmer, then reduce the heat to medium and cook until the chicken registers 160 degrees F on an instant-read thermometer, about 10 minutes.
- Let cool, then shred and return to the skillet.
- Add more wing sauce if desired, then broil until crisp and caramelized, about 4 minutes.
- Combine the carrots, celery and tomatoes in a bowl and season with salt and black pepper.
- Combine the mayonnaise, buttermilk, garlic, dill, honey, mustard, 1/4 teaspoon salt and a pinch of black pepper in a bowl.
- Split open the bread lengthwise.
- Put the blue cheese crumbles on the bottom, then add the chicken and veggies.

Cut into small sandwiches and serve with the ranch dressing on the side.

Photograph by Con Poulos

Nutrition Facts

PROTEIN 17.95% **FAT 61.49%** **CARBS 20.56%**

Properties

Glycemic Index:37.08, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:16.206521759862%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 556.36kcal (27.82%), Fat: 37.88g (58.28%), Saturated Fat: 14.47g (90.44%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 25.96g (9.44%), Sugar: 17.17g (19.08%), Cholesterol: 104.02mg (34.67%), Sodium: 1271.04mg (55.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.75%), Vitamin A: 2643.41IU (52.87%), Vitamin B3: 7.59mg (37.95%), Vitamin K: 39.34µg (37.47%), Selenium: 23.24µg (33.21%), Phosphorus: 261.74mg (26.17%), Vitamin B6: 0.49mg (24.29%), Vitamin B2: 0.29mg (17%), Vitamin B5: 1.46mg (14.63%), Potassium: 499.8mg (14.28%), Zinc: 1.98mg (13.22%), Vitamin B12: 0.79µg (13.22%), Folate: 47.5µg (11.87%), Vitamin B1: 0.18mg (11.67%), Iron: 1.99mg (11.07%), Fiber: 2.55g (10.19%), Calcium: 100.01mg (10%), Magnesium: 38.74mg (9.68%), Vitamin E: 1.23mg (8.23%), Vitamin C: 4.43mg (5.37%), Manganese: 0.09mg (4.69%), Copper: 0.09mg (4.48%), Vitamin D: 0.18µg (1.19%)